

Main Course

Baked Pork Chops

Serves 6

- 6 lean center-cut pork chops, 1/2-inch thick
- 1 egg white
- 1 cup evaporated skim milk
- 1 cup cornflake crumbs
- 1/4 cup fine dry bread crumbs
- 2 tbsp Hot 'n Spicy Seasoning
- 1/2 tsp salt
- Nonstick spray coating

Trim all fat from chops.

Beat egg white with evaporated skim milk. Place chops in milk mixture; let stand for 5 minutes, turning chops once.

Meanwhile, mix together cornflake crumbs, bread crumbs, Hot 'n Spicy Seasoning and salt. Remove chops from milk mixture. Coat thoroughly with crumb mixture.

Spray a 13-inch x 9-inch baking pan with nonstick spray coating. Place chops in pan; bake in 375 degree F oven for 20 minutes. Turn chops; bake 15 minutes longer or until no pink remains.

Note: If desired, substitute skinless, boneless chicken, turkey pieces, or fish for pork chops and bake for 20 minutes.

Nutritional Analysis

calories: 186
total fat: 4.9 g
saturated fat: 1.8 g
carbohydrates: 16 g
protein: 17 g
cholesterol: 31 mg
sodium: 393 mg
dietary fiber: 0.2 g

Healthy Cooking Tip

- Broil, steam, roast/bake, microwave, grill, braise/stew, boil, simmer, or stir-fry with a small amount of oil. **INSTEAD OF** frying, basting with fat, or cooking in fatty sauces and gravies.
- Use evaporated skim milk instead of cream.